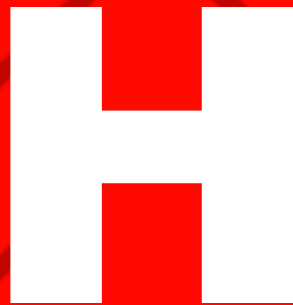




HALLAMSHIRE HARRIERS SEG STRENGTH + CONDITIONING CIRCUIT

PRE-CHRISTMAS 2021



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PRINCIPLES:

- **QUALITY, NOT QUANTITY:** ALL ABOUT QUALITY OF MOVEMENT, RATHER THAN THE WEIGHT ADDED. FOCUS ON FEELING STABLE AND CONTROLLED.
- **'ROME WASN'T BUILT IN A DAY':** BETTER TO START WITH BODYWEIGHT THEN AS THE EXERCISES START TO FEEL EASIER, GRADUALLY ADD WEIGHT.
- **SENSIBLE BUT STRONG:** THESE EXERCISES TARGET MUSCLES THAT YOU MAY FIND SURPRISINGLY WEAK (I KNOW MINE WERE). THERE'S NO SHAME IN MAKING THE EXERCISES EASIER TO START WITH.
- **PRIME TIME TRAINING:** CURRENT EVIDENCE SUGGESTS S+C SHOULDN'T BE DONE WITHIN 3 HOURS OF HIGH INTENSITY RUNNING.
- **NO CHAIN, NO GAIN:** CONDITIONING THE KINETIC CHAIN I.E. CALF, HAMSTRING, QUADS, GLUTES AND ABDOMINALS, CAN HELP TO CREATE A STRONGER AND BETTER BALANCED RUNNER.

THE PROGRAMME:

- THIS PROGRAMME CAN BE COMPLETED AS A CIRCUIT.
- THERE ARE 8 EXERCISES WHICH FOCUS PRIMARILY ON THE CALF, HAMSTRINGS, GLUTES AND ABDOMINALS.
- USING BODYWEIGHT IS ENCOURAGED INITIALLY BEFORE MOVING ON TO ADDED WEIGHT LATER.
- MINIMAL EQUIPMENT: A STEP, A SET OF RESISTANCE BANDS, FOAM ROLLER, HANDHELD WEIGHT (OPTIONAL).
- YOU SHOULD START TO 'FEEL THE BURN' AROUND REP 8, IF ITS TOO EASY, CONSIDER PROGRESSING THE EXERCISE.

(IF YOU HAVE ANY FURTHER QUESTIONS, FEEL FREE TO REACH OUT TO ME AT TRAINING, WHATSAPP OR INSTAGRAM).

EXERCISE GUIDE:

EXERCISE 1: SINGLE LEG CALF RAISE.

Instructions:	+ / —	How Many?
1) Standing on one leg, with your heel hanging over the edge of a step. 2) Slowly, push yourself up through the balls of your feet (aim for 1 second duration), before slowly lowering yourself back down (aiming for 3 seconds) 3) Lower yourself down until your heel as close to the floor as comfortable and repeat. 4) Complete on both legs.	Progression: - Add hand-held weight - Slow the movement down (try 2 up, 5 down etc.) Regression: - Stand on both legs, rather than one. - Complete on a flat floor surface	10 (Bilaterally)

[CLICK HERE: GOOD SINGLE LEG CALF RAISE DEMONSTRATION](#)

EXERCISE 2: CURTSY STEP UP.

Instructions:	+ / —	How Many?
1) Start with one leg firmly on a step, and the other in a curtsy position (see picture). 2) Drive the hind leg up into the high knee position before placing it firmly onto the step. 3) Return to the start position with your hind foot flat on the floor, gain your balance and repeat. 4) Complete on both legs.	Progression: - Add handheld weight - Move your hind leg further away from your body. Regression: - Do on a flat floor surface. - Reduce the size of your curtsy.	10 (Bilaterally)

[CLICK HERE: GOOD CURTSY STEP UP DEMONSTRATION](#)

EXERCISE 3: BILATERAL SUPINE LEG RAISE.

Instructions:	+ / —	How Many?
1) Lie on your back with your arms outstretched beside you. 2) Whilst engaging your abdominal muscles, raise your legs (keeping them straight) up to 45-90 degrees - wherever is comfortable. 3) Hold this position for a couple few seconds before lowering the legs back down, focusing on control. 4) Lightly touch your heels on the floor and repeat.	Progression: - Slow the movement down. - Cross your arms across your chest, or hold them vertically towards the ceiling. Regression: - Complete less reps. - Brief rest in between each leg raise.	10

[CLICK HERE: GOOD BILATERAL LEG RAISE DEMONSTRATION.](#)

EXERCISE 4: SINGLE LEG SUPINE BRIDGE.

Instructions:	+ / —	How Many?
1) Lie on your back with your knees bent at 90 degrees and feet flat on the floor. Cross your arms, with a hand on each shoulder. 2) Straighten one leg out in front of you. 3) Push your hips up towards the ceiling, making sure your hips stay nice and level. 4) Lower yourself back down slowly and repeat. 5) Complete on both legs.	Progression: - Add weight, as close to your hips as possible. - Move your foot flat on the ground further away from your bottom. Regression: - Place both feet flat on the floor. - Outstretch your arms alongside your body, flat on the floor for added support.	10 (Bilaterally)

[CLICK HERE: GOOD SINGLE LEG SUPINE BRIDGE DEMONSTRATION.](#)

EXERCISE 5: SIDE PLANK LEG RAISE.

Instructions:	+ / —	How Many?
1) Lie on your side, and place a foam roller in front where your shin and ankle meet. 2) Lift yourself up into a side plank position. 3) Lift your foot (little toe side) towards the ceiling, aiming to stay as close to the roller as possible but not knock it over. 4) Lower slowly and repeat. 5) Complete on both legs.	Progression: - Add a resistance bands: the further down the leg you add the band, the harder the exercise will feel. - Add a heavier resistance band. Regression: - Consider side planking first. From here you can progress to side planking with your leg raised, before attempting this exercise again.	10 (Bilaterally)

[CLICK HERE: GOOD SIDE PLANK LEG RAISE DEMONSTRATION \(NO FOAM ROLLER\)](#)

EXERCISE 6: COWBOY WALKS.

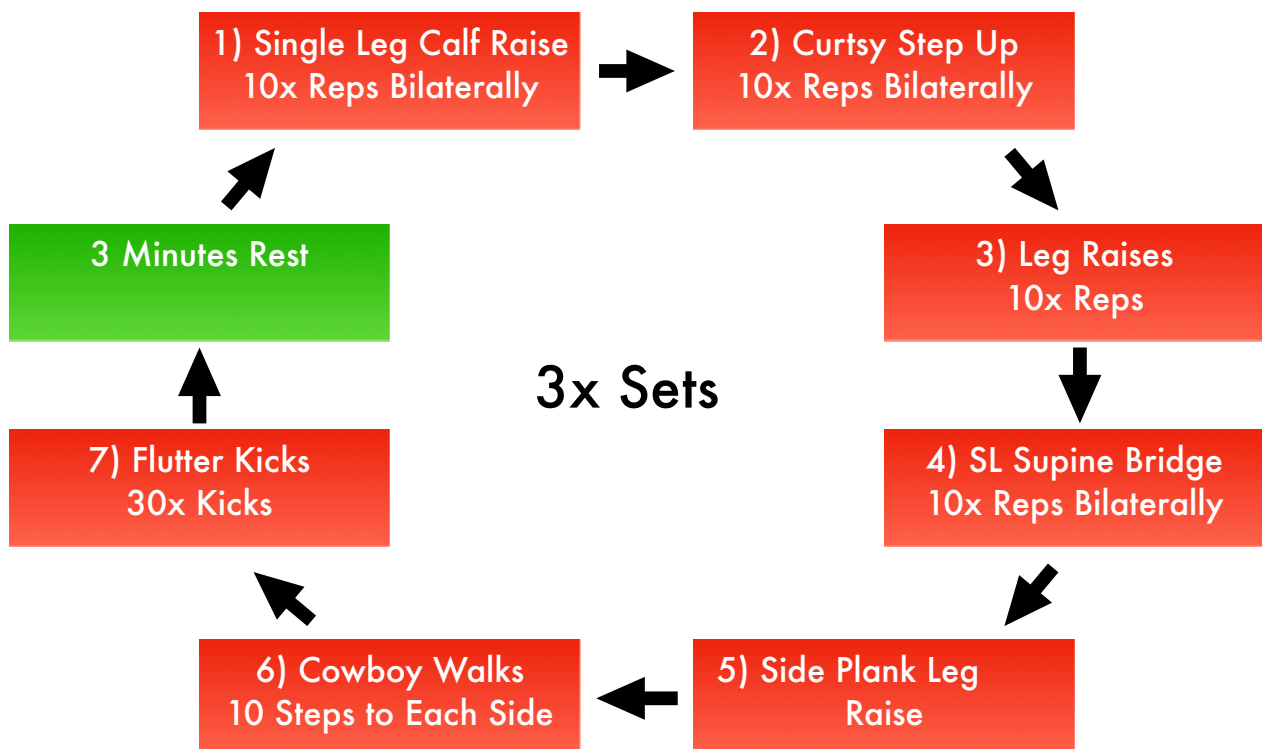
Instructions:	+ / —	How Many?
1) Place the resistance band around your ankles. 2) Rise up onto your tip toes and balance yourself. 3) Step to the side, aiming to keep the resistance band under tension and the movement controlled. 4) Keep up on your tip toes throughout this exercise.	Progression: - Add the resistance band around your feet (mid foot is the best position). - Add a heavier resistance band. Regression: - Use a lighter resistance band. - Wrap the band around your thighs.	10 steps to each side.

EXERCISE 7: FLUTTER KICKS

Instructions:	+ / —	How Many?
1) Lie on your back with your arms outstretched beside you. 2) Whilst engaging your abdominal muscles, raise your legs one at a time in a kicking motion (as if you were swimming). Don't let your legs touch the floor and keep the kicks controlled. 3) Complete a total of 30 kicks, counting as you go before resting.	Progression: - Fold your arms across your chest, or progress to holding your arms vertically towards the ceiling. - Slow the kicks down. Regression: - Complete less kicks i.e. 15 or 20 kicks before resting.	30 kicks

[CLICK HERE: GOOD FLUTTER KICKS DEMONSTRATION.](#)

THE CIRCUIT:



- THIS S + C SESSION SHOULD ONLY TAKE AROUND 30 MINS.
- THERE ARE OPTIONS TO MAKE IT HARDER OR EASIER THROUGHOUT.
- COMPLETE A GOOD WARM UP AND COOL DOWN.
- START DOING THE SESSION 1X WEEKLY, AND BUILD UP TO 2X WEEKLY.